

Overview - Anxiety

General Anxiety Disorder (GAD) is a long-term condition that can cause a wide range of psychological and physical symptoms such as:

- Feelings of being worried and restless.
- Dwelling on negative experiences.
- A sense of dread.
- Difficulty concentrating.
- Worry that other people are looking at you and can see you are anxious.
- Difficulty sleeping.
- Nausea and dizziness.
- Heart palpitations.

Students with anxiety may experience the following issues:

- Fear of stigma and uncertainty about how much to disclose.
- Difficulty focusing, and organising work, time and ideas.
- Procrastination, leading to last minute or late submission of assignments.
- Giving presentations to large groups.
- Problems with attendance and time keeping.
- Decreased motivation in studies and participation.
- Increased isolation and low self-esteem.
- Difficulty sleeping.
- Poor emotional well-being, which can affect social relationships.
- Worry, which may be accompanied by stomach or headaches, irritability, poor concentration or fatigue.



Top tips for teaching students with anxiety:

- Be open to conversations with students about their anxiety and what helps them.
- Help students break work into smaller, manageable chunks and set themselves deadlines.
- Encourage students to use calendars, diaries and alarms to help with time management.
- Emphasise important information and instructions as well as deadlines and make sure students know where to find these.
- Avoid putting students on the spot in lectures and seminars.
- Consider allowing students to video their presentations or present in front of a smaller group.
- Provide a separate room or space for exams.

Useful links

- www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks
- <https://www.anxietyuk.org.uk/get-help/anxiety-information>
- <https://www.nhs.uk/conditions/generalised-anxiety-disorder>
- <http://www.studentminds.org.uk/supportforafriend-anxiety.html>

